



## **Union City School System Trend Report CSH Overview Summary**

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Union City School System in 2007.

### **CSH Infrastructure Established**

An infrastructure for CSH has been developed for the Union City School System that includes:

- School Health Advisory Committee
- Three Healthy School Teams
- School Health Policies were strengthened or approved
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$143,939.22 since 2007.

Community partnerships have been formed to address school health issues. Current partners include:

- |                                     |  |
|-------------------------------------|--|
| ➤ Obion County Schools              | ➤ Union City Wal-Mart                  |
| ➤ Obion County Health Department    | ➤ Union City Chiropractic Care         |
| ➤ West Tennessee Health Council     | ➤ Dr. Dylan Bondurant, optometrist     |
| ➤ Union City WalMart                | ➤ Snappy Tomato                        |
| ➤ Obion County Interagency Council  | ➤ Dr. Gabe Sullivan, dentist           |
| ➤ Baptist Memorial Hospital,        | ➤ Dr. John Bates, pediatrician         |
| ➤ Right Choices                     | ➤ Lori Littleton, Registered Dietician |
| ➤ Domino's                          | ➤ Pizza Hut                            |
| ➤ CoverKids                         | ➤ Boys and Girls Club                  |
| ➤ TennCare                          | ➤ First State Bank                     |
| ➤ Decisions, Choices, and Options   | ➤ First Citizens Bank                  |
| ➤ Child Advocacy group of WTN       | ➤ Reelfoot Bank                        |
| ➤ Obion County Prevention Coalition |  |
| ➤ Promethian Project                |  |
| ➤ Boys and Girls Club               |  |
| ➤ Junior Auxiliary                  |  |
| ➤ Locker Room                       |  |

### **Parent and Student Involvement Developed**

Parents are involved in numerous CSH activities that include Healthy School Teams, SHAC, Family Health Fairs, Walk to School Day, Family Fitness Nights, PTO events, and Block Party. Sixty parents are collaborating with CSH.

Students have been engaged in Walk to School Day, House event, drug and alcohol conference, family fitness nights, and family health fairs. Three hundred four students are partnering with CSH to address school health issues.

### **School Health Interventions**

Since CSH has been active in the Union City School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – since 2007, 1876 were screened and 607 were referred for vision, scoliosis and hearing and 551 were referred for BMI;

Students have been seen by a school nurse and returned to class – 12,700 were seen and 66% sent back to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. The percent of obese students has dropped from 22.8% in 07/08 to 21.7% in 08/09 to 20% on 09/10;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include walking trails, Michigan Model curricula, DDRs, Wiis, spin bikes, salad bar, and stability balls;

Professional development has been provided to school health staff. Activities include physical education teachers - TN TAPHERD conference, SROs – safe schools conference, staff and teachers – SPARK training;

School faculty and staff have received support for their own well-being through cholesterol and diabetes screens, weight loss initiatives, exercise initiatives, discounted memberships to gym, stress reduction techniques, and spa day.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Michigan Model curriculum purchased and in used in each school;
- Physical Education/Physical Activity Interventions – Safe Routes to School grant, Walk to School event, Family Fitness nights, Family Health Fair, and Play60 after-school programs;
- Nutrition Interventions – Nutrition Nuggets newsletter, Registered Dietician contracted, healthy snacks emphasized, and salad bar purchased;
- Mental Health/Behavioral Health Interventions – counselor hired for 11-12 year, mental health team in place.

In such a short time, CSH in the Union City School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

Kristen Miles  
731-885-1632 x511